

1. An apparatus comprising:

one or more inputs disposed upon a substrate and connected with the device to control the plurality of functions, the one or more inputs positioned so as to be operable by one or more digits of a hand of the user associated with the limb of the user when the substrate is in a first position, and positioned so as to be inoperable by the digits of the hand of the user associated with the limb of the user when the substrate is in a second position.

2. The apparatus of claim 1 wherein the plurality of functions includes at least one of a time display, a date display, a calendar display, a timer display, a timer start, a timer stop, a timer reset, a stop watch display, a stop watch start, a stop watch stop, a stop watch reset, a lap time display, an alarm, a face illumination, or a directional lighting.

3. The apparatus of claim 1 wherein the device includes at least one of a timekeeping device, a communications device, a wireless communication device, an electronic organizer, an environmental monitor, a multimedia device, a physiological monitor, a remote control, a Global Positioning System (“GPS”) device, a digital camera, a digital audio recorder, or a radio.

4. The apparatus of claim 1 wherein the device includes at least one of a watch, a pager, a personal digital assistant, or an audio player.

5. The apparatus of claim 1 wherein the one or more inputs includes at least one of a button, a dial, a switch, a slider, a knob, a joystick, a touchpad, or a piezo-electric device.

6. The apparatus of claim 1 wherein the one or more inputs includes three buttons.

7. The apparatus of claim 1 wherein the device is secured to a wrist of the user with a device strap.
8. The apparatus of claim 7 wherein the device strap is a watch band formed from at least one of rubber, plastic, VELCRO, a flex-band, leather, or webbing.
9. The apparatus of claim 1 wherein the one or more inputs are disposed on a glove.
10. The apparatus of claim 1 wherein the one or more inputs are disposed on a retractable strap having an extended position wherein the one or more inputs are operable by one or more fingers of the user associated with the limb to which the device is secured and a retracted position wherein the one or more inputs are inoperable by the fingers of the user associated with the limb to which the device is secured.
11. The apparatus of claim 1 wherein the one or more inputs are disposed on a ring connected to the device by a retractable cord.
12. The apparatus of claim 1 wherein the inputs control a plurality of states of the device, and a plurality of parameters within at least one of the plurality of states.
13. The apparatus of claim 1 wherein the one or more inputs receive alphanumeric input from the user.
14. The apparatus of claim 1 wherein the substrate includes a retractable band having a retracted position in which the inputs are not operable by a hand of the user associated with the limb to which the device is secured.
15. The apparatus of claim 1 wherein the substrate includes a retractable band having a retracted position in which the retractable band is disposed over a wrist strap that secures the device to a wrist of the user.

16. The apparatus of claim 1 wherein the substrate includes a band of at least one of rubber, plastic, VELCRO, a flex-band, leather, or webbing.
17. The apparatus of claim 1 wherein the device comprises a watch adapted to at least one of running, hiking, bicycling, sailing, swimming, or scuba diving.
18. An apparatus comprising:
a watch;
a watch band coupled to the watch that secures the watch to a wrist of a user;
a retractable band coupled to at least one of the watch band and the watch, the retractable band having a first position in which the retractable band covers the watch band and a second position in which the retractable band passes between a thumb and an index finger of a user to support the retractable band in the second position; and
one or more inputs disposed on the retractable band and arranged so that the user may operate the one or more inputs to control operation of the watch when the retractable band is in the second position.
19. An apparatus comprising:
a watch;
a watch band coupled to the watch that secures the watch to a wrist of a user; and
a glove having one or more inputs disposed thereupon, the one or more inputs arranged to permit activation of the one or more inputs by one or more digits of a hand of the user associated with the wrist of the user and placed within the glove, the one or more inputs coupled through a detachable connector to the watch to control operation of the watch.
20. An apparatus comprising:
a watch;
a watch band coupled to the watch that secures the watch to a wrist of a user; and
a ring having one or more inputs disposed thereupon, the ring configured to be removably and replaceably affixed to a digit of the user, the one or more inputs arranged

on the ring to permit activation of the one or more inputs by one or more digits of a hand of the user associated with the wrist of the user, the one or more inputs connected to the watch by a cord to control operation of the watch.

21. The apparatus of claim 20 wherein the cord is a retractable cord that winds onto a spring-loaded coil when the ring is not in use.

22. The apparatus of claim 20 further comprising a plurality of rings, each ring having one or more inputs disposed thereupon, each ring configured to be removably and replaceably affixed to a digit of the user, and each ring connected to the watch by a cord.

23. A system comprising:
a multi-function device means for providing a plurality of functions to a user; and
one or more input means for receiving user input, the input means disposed upon a retractable substrate means for retractably maintaining the one or more input means in an operable position, the retractable-substrate means connected with the device to control the plurality of functions, the retractable substrate means having a retracted state wherein the one or more input means are in an inoperable position.